



In an emergency, we suggest you contact:

Samaritans

National Helpline 08457 909090 (24hrs)

Bounds Green 020 8889 6888 (24hrs)

Enfield 020 8368 6789 (24 hrs)

Rape Crisis

0808 802 9999 (365 days, 12pm-2.30pm, 7pm-9.30pm)

Crisis and Assessment Treatment Team

If you have an urgent mental health need you can get immediate help from the Crisis Resolution and Home Treatment (CRHT) service at St Ann's Hospital, Tottenham 020 8442 5888 or 020 8702 6700 (24hrs)

Haringey Mental Health Service

020 8442 6706 (24hrs)

Haringey Social Services duty social worker

020 8348 3148 (24hrs)

Alexandra Road Crisis Unit, Haringey Council

020 8365 7287 (24hrs)

Psychiatric liaison nurses, North Middlesex hospital

020 8887 2000 (7 days a week)

Maytree

They can offer three days of respite care and are based in Finsbury Park. You can only use this service once.

020 7263 7070.

Call MIND information line

The MIND information line can be contacted on 0300 123 3393. This is a useful source of mental health information (including legal information where necessary).

Call 999

If you or someone else is in serious risk of death or injury, call 999 and ask for Police, Fire or Ambulance.

http://www.spectrumtherapy.co.uk/index.php/referrals/in_crisis